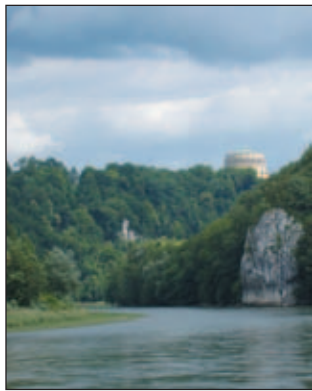


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TRAINING TIMES

Vol. 26 No. 15

Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

Aug. 2, 2005

Annual Volksfest to open Aug. 5 in Grafenwoehr

USAG–GRAFENWOEHR PAO

What drew an international crowd of 100,000 to consume 42,000 hamburgers, 2,500 pounds of spare ribs and 9,240 pints of ice cream – all washed down with 2,114 gallons of Bavarian beer? Last summer's German-American Volksfest in Grafenwoehr, and officials are hoping to exceed those numbers at the 48th annual event Aug. 5 to 7.

For the third consecutive year, the fest will be at Camp Kasserine. What began as an effort to further relations between U.S. and local citizens has grown into the 100th Area Support Group's biggest bash, allowing Americans to sample host-nation specialties and Germans to see the installation, as well as military vehicles, at close range.

The midway will open at 11 each morning, and Bavarian bands will perform throughout the day. Children can have their faces painted, laugh at the clowns and bounce in the jumping castle. AFN Bavaria will broadcast from the event.

As is the tradition, the tapping of the first keg will officially open the Volksfest. This ceremony will begin at 11 a.m. Aug. 5, which has been designated Family Day, with half-price tickets to all carnival rides until 6 p.m. From 7 to midnight, Forroxx will perform Top 40 tunes.

A car stereo contest will be judged Aug. 6, and Fab Four will play Beatles hits and other period favorites, 7 to midnight.

Harley Davidson motorcycles will be

on display Aug. 7, which will wind down to the crooning of Just Country from 6 to 11.

The fest will also feature games, a climbing wall, karaoke, a mechanical bull, dance performances, a display of *Bundeswehr* vehicles, BOOM Trikes and NHRA Operation Street Legal cars, and a variety of souvenirs for sale.

As for food, vendors, family support groups and other organizations will offer spit-roasted wild boar, schnitzel sandwiches, grilled bratwurst, chili con carne, pizza, Asian noodles, nachos, crepes, funnel cakes and more.

Many clubs use the Volksfest as their primary fund-raiser. Last year, the German-American Community Council, for instance, took in nearly 8,000 euros to help finance charity programs.

In addition to the regularly scheduled buses, shuttles will depart from the Vilseck Post Exchange at 10:15 a.m. and 12:30, 3, 5:15, 7:45 and 9:45 p.m.; they will return at 11:45 a.m., 2:30, 5, 7:15, 9:45 and 11:45 p.m., and 1 a.m. Buses will also run from the *Waldbad*, the *Marktplatz* and the *Deutsche Bundespost* in the town of Grafenwoehr every 20 to 30 minutes, beginning at 11 a.m. Everyone — but those who plan to partake of alcohol in particular — is urged to use this free service.

All fest-goers must carry proper identification, and bags and rucksacks may be searched. Anyone who does not have a military ID card or an installation pass must enter the grounds through gate 6.

For more information, call Morale, Welfare and Recreation at 476-3435.



Photo by Kathy Jordan

Balancing act

Anna Cressler, 12, of Vilseck pedals off to dance class on a 5-foot unicycle. Those ages 10 to 18 who are registered with Child and Youth Services can sign up for summer workshops in ballet, hip-hop and *pointe* Aug. 8 to 12. Call 476-2760 for details.

Q&A

Summer seems to bring out more youthful yearnings in everyone, and so 'Training Times' asked, "What is your most treasured childhood memory?"



Telisha White

"Having a pack of M&Ms, swinging on my swing with my sister, because we were not allowed to have sweets when we were little"

Darryl Phillips

"Playing paintball with my friends, hunting and fishing"



Gail Vega

"My mom helped us build a tree house, and she would send us milk and cookies — up to the tree house."

Treva Garcia
"I grew up on a farm, and in the summertime, we would just wander all over and play with the animals."



Kenneth Banks

"My grandmother pawning her rings to get me food"

Interviews and photos by Kathy Jordan

Heat on officers, sergeants to stop hot-weather harm

REGIONAL MEDICAL COMMAND

HEIDELBERG — This summer, a Soldier died because he failed to follow safety guidelines that prevent heat-related deaths.

It happens every year. From 2000 to 2004, more than 1,500 Soldiers suffered such injuries, 20 of which were fatal.

For the general population, the Centers for Disease Control and Prevention reported 4,780 deaths — an average of 200 per year — between 1979 and 2002.

According to Lt. Col. John Rowe, a doctor and member of the occupational medicine staff at the Office of the Army Surgeon General, all heat-related deaths and injuries can be prevented, and leaders are responsible for doing so.

Commanders and non-commissioned officers must do the following:

- ★ Ensure troops drink liquids to stay hydrated, up to 1.5 quarts per hour or 12 quarts per day, depending on environmental conditions;
- ★ Never allow Soldiers to empty canteens for lighter loads;
- ★ Before training, ask about urine color; if it is clear, then they are sufficiently hydrated;
- ★ Make certain that all meals

are eaten during breaks, and do not use salt tablets, as adequate salt has been added to the food;

- ★ Allow troops enough time to eat meals and drink water; and
- ★ Enforce "battle buddy" checks to make each Soldier aware of his buddy's frequency of eating, drinking and urinating.

Commanders and NCOs must

also exercise proper guidance by checking the "wet bulb globe temperature" hourly whenever the ambient temperature is 75 F or above. This reading takes into account humidity, sunlight intensity and other factors that increase heat stress.

They should also have their troops adhere to work-rest cycles in high-heat categories. Soldiers should rest in the shade periodically and for extended periods if engaged in tasks that require continuous effort. Leaders should be stationed where they can observe and react to impending heat injuries.

Soldiers can improve their own heat tolerance by taking a few

commonsense measures:

- ★ **"Pee every three."** Stay adequately hydrated and monitor urine color and frequency. A good rule of thumb is to drink enough to urinate every three hours (or more often).

- ★ **Exercise, eat, adapt.** Maintain physical fitness standards, practice good nutrition,

gradually become acclimated to heat and rest if light-headed.

- ★ **Stop smoking.** This is the single greatest thing anyone can do to improve his health.

When

commanders and NCOs emphasize prevention of heat injuries, they will effectively eliminate them.

For detailed guidance, including technical information, training aids, articles, presentations, and examples of command- and installation-level documents, as well as two Commander's Guides for unit leaders, visit the U.S. Army Center for Health Promotion and Preventive Medicine Web site at <http://chppm-www.apgea.army.mil/heat>.

All heat-related deaths and injuries can be prevented, and leaders are responsible for doing so.

HISSES

Hurrah to people who always have a smile for you. Grafenwoehr has become one huge, dirty construction site, and now it's hot too. I'm sure it isn't easy to wait on customers in the boiling Shoppette all day, but everyone there is so nice. I always leave feeling better than I did when I walked in.

Molly Mumford
Grafenwoehr

Hiss to the inconsiderate person who left a huge scratch down the side of my car but didn't leave a note. God is watching you!

Carl Mather
Vilseck

AND

HURRAHS

Hiss to people who expect others in their offices to clean up after them. Where I work, all the people throw their coffee cups and spoons in the sink and wait for the "Coffee Break Fairy" or someone to wave her magic wand. Guess what: There is no fairy, only co-workers who get tired of the smell and mess.

Name withheld by request

Hurrah to Sgt. 1st Class Jonathan "J.J." James, of the Combat Maneuver Training Center Observer-Controller Academy in Hohenfels, whose 296-yard shot won the Hugo Boss Longest Drive Contest at the Jura Golf Park

Am Habsberg in Velberg July 24. In September, James will compete against other winners from throughout Germany at a driving tournament in Frankfurt.

Ed.

Submissions to *Hisses and Hurrahs* should be sent via e-mail to the editor at cara.matlock@graf.eur.army.mil, or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only private shame, not public stonings.

Training Times

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Photo by Kathy Jordan

The smashed guard shack protrudes through a metal wall, after a van driven by James W. Broyles, a U.S. civilian from Kaiserslautern, knocked it from its foundation, killing Alexander K. Schieder, a Pond Security guard.

Alcohol not factor in crash that killed Pond gate guard

BY BEN MURRAY
STARS AND STRIPES

A U.S. citizen who crashed through a gate at Grafenwoehr, killing a security guard, was not under the influence of drugs or alcohol, German police said July 25.

According to Thomas Gallei, a spokesman for the Weiden police department, James W. Broyles, 47, was traveling at an estimated 50 mph when he rammed into the gate July 23, killing Alexander K. Schieder, a 20-year-old guard for Pond Security Service.

Schieder was standing in front of the guard shack at about 6 p.m., when Broyles' Volkswagen Touran broke through a concrete post, knocking the booth several feet backward on its way through the gate and destroying the drop-arm barrier at the station. The driver was alone in the vehicle, Gallei said.

Rescue personnel pronounced Schieder dead at the scene, according to Kathy Gibbs, 100th Area Support Group public affairs officer.

Broyles was transported to a hospital in Weiden for treatment of minor injuries and

released several hours later, after negative tests for alcohol and drug use, Gallei said.

The Munich-born U.S. civilian is employed at 7th Army Training Command's Warrior Preparation Center, located at Einsiedlerhof Air Station, near Kaiserslautern, according to information from Gallei and Gibbs.



Schieder

Authorities said they still did not know what caused Broyles — during daylight — to misjudge the approach to gate 6, which is on a curve at the end of a long straight road in a forested area. Concrete barriers divide the traffic lanes for several hundred yards leading up to the checkpoint.

The case is under the authority of Weiden criminal investigators, Gallei said, and should take about two weeks to complete, before being turned over to the German prosecutor's office.

A funeral for Schieder was held July 28 near his hometown of Tirschenreuth.

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Health clinics switch to electronic records

U.S. ARMY HOSPITAL
WUERZBURG

It's called a "longitudinal electronic medical record" and it's being deployed to all Department of Defense medical treatment facilities.

What it means to patients, according to Maj. Timothy Caffrey, commander of Grafenwoehr Health Clinic, is "no more lost medical records, no more indecipherable doctor's handwriting, no more waiting for records to arrive at your new duty location."

Caffrey said that this month, health clinics in Grafenwoehr, Vilseck and Hohenfels would begin using the Army's Composite Health Care System II, which will replace paper records.

Part of the Army's transformation, CHCS II will eventually lead to computerized records that include immediate, comprehensive and correct background information for all servicemembers and their families.

"CHCS II contains vital signs, lab and radiology results, immunization records, consultation reports, photographs of skin lesions, information on allergies and medications, and complete records of treatment," Caffrey explained. "Because your doctor has easy access to all of this

information, he or she will be able to make better, safer decisions about your health care.

"Electronic medical records have several advantages over traditional, paper-based records," he continued. "The most obvious advantage is the worldwide, 'real time' accessibility. The record of your doctor's appointment at the Grafenwoehr clinic is available for your follow-up appointment at Wuerzburg or while on vacation in Vicenza, Italy. When you PCS, your medical record arrives before you do."

For active-duty patients who deploy, records will be at the fingertips of whoever provides care, wherever they may be, as long as a DoD computer is accessible.

For other Soldiers, retirees and family members, medical records will be available at any military treatment facility in the world.

Another benefit is that, because the data in CHCS II will eventually spread throughout DoD to be stored in multiple locations, the chance of losing medical records again is almost nonexistent.

Moreover, Soldiers and family members need no longer carry their records from one military clinic to the next. If they are referred to another treatment facility for specialty care, their primary

care manager will be able to see the specialist's findings as soon as these are typed in and uploaded — and they will be legible.

"Electronic medical records have been shown to decrease errors in medical care," Caffrey said.

Though laboratory testing and prescriptions have been electronic for some time in the military, poor penmanship still caused problems. With everything keyed in, speed and efficiency should increase, because no time will be spent trying to decipher someone else's handwriting. For example, if a nurse or a medic takes vital signs, but the doctor can't read the results, he might have to repeat the tests or risk an incorrect interpretation.

Finally, computerized records are useful in collecting data and tracking bioterrorism. To compile statistics, medical researchers can pull information from the records with a simple query. A researcher at Walter Reed Medical Center who wishes to know how many cases of influenza the Army has seen over the past month can get that number based on the diagnostic code or symptoms.

Moreover, if a trend that appears to be bioterrorism develops, it will be visible for quick recognition and reaction. This alone could save countless lives.

Military retirees, annuitants offered International Direct Deposit option

PAY ISSUES

DEFENSE FINANCE AND ACCOUNTING SERVICE
ARLINGTON, Va. — U.S. military retirees and annuitants living in certain countries overseas can have their monthly payments sent directly to their local banks through the Defense Finance and Accounting Services' International Direct Deposit program, officials announced July 14.

The first phase of the program was to begin Aug. 1, when enrollment packages were mailed to retirees and annuitants living in the United Kingdom, Australia, Canada, France and Germany.

"It has been a complex process to make International Direct Deposit a reality," said Capt. Karl Bernhardt, U.S. Navy, who is the director of DFAS Retired and Annuitant Pay Services. "We've been working with the Treasury Department, the Federal Reserve Bank and the State Department to make sure each of our customers

that enrolls will be able to enjoy the convenience and security of direct deposit."

International Direct Deposit puts funds into a bank account electronically on the day a person is paid. Enrollees will avoid delays caused by irregular mail service and misrouted or stolen checks.

"There are many benefits with IDD," Bernhardt explained. "In addition to the timeliness and security of delivery, retirees and annuitants can see real savings by bypassing the need to cash their checks and convert dollars to their local currencies. For those who already have their checks deposited in a U.S. bank, using IDD can save them the costs of wire transfers."

Each enrollment package will include the necessary instructions, as well as an application and a return envelope. DFAS Retired and Annuitant Pay Services officials urge each

enrollee to make sure the form is completed accurately and signed.

"Incomplete or incorrect bank account numbers, names, or addresses will require sending the form back and delaying the process," Bernhardt said. "We want everyone who chooses IDD to start as soon as possible."

"One item that might be overlooked is the name used in an individual's bank account. It should match the name on their DFAS pay account. Otherwise, it may be misrouted once it is received by the bank."

Although the first phase of the program consists of only five countries, DFAS officials hope to add more than 35 nations to the list soon.

More information on DFAS' International Direct Deposit program, as well as officials' plans for future expansion, can be found on the Internet at www.dod.mil/dfas.

In brief

Singing youths sought

All local children ages 6 to 12 are invited to audition for a part in *Dr. Newheart's Neck-Up Checkup*, Aug. 3 and 10, 6 to 8 p.m., at the chapel in Grafenwoehr.

Rehearsals for the musical, Aug. 22 to 26 from 9 a.m. to 12 p.m., will culminate in a performance for the community.

Call Karen Hearn, Protestant Women of the Chapel, at 09646-809155 for more information.

Rockabilly concerts

Jack the Knife and the Sharps will bring their vintage sounds to the 100th Area Support Group.

Two performances have been scheduled: Aug. 9, 9 p.m., at Yesterday's Club in Vilseck, and Aug. 10, 7 p.m., at The Zone Sports Bar in Hohenfels.

For more details, call 476-2937 or 466-2340, or log on to their Web site at www.jackknifesharps.com.

Thank goodness it's Sunday

The Network Services Center will conduct two power outages Aug. 14 — 8:30 to 10:30 a.m. and 1 to 3 p.m. — to test a new backup generator.

During this time, the Internet and e-mail will be inaccessible to users in Grafenwoehr and Vilseck, but no e-mails will be lost.

Classes

- The American Red Cross in Grafenwoehr will offer the following this month: adult CPR and first aid, Aug. 11; infant and child CPR, Aug. 12; baby-sitting, Aug. 13; and a volunteer orientation, Aug. 16. For fees and other details, call 476-1760.

- A tobacco-cessation class will be taught Aug. 11, 9 to 11 a.m., in the Vilseck Health Clinic annex. To register, stop by the clinic or phone 476-2165 by Aug. 8.

NCOs needed

A Recruit the Recruiter team will give two 70-minute briefings Aug. 19: 9:30 a.m. at the Tower Theater in Grafenwoehr and 1:30 p.m. inside the theater in Vilseck.

All Soldiers in the rank of E-4 through E-7 are encouraged to attend. Those who do will incur no obligation, and spouses are welcome. Recruiters earn \$450 a month in special-duty pay and have priority when choosing assignments.

To find out more, visit www.usarec.army.mil/hq/recruiter. For more information about the briefings, call 475-6753.

Closures, changes

- The Grafenwoehr Library will close Aug. 8 and reopen in its new location, building 445, Aug. 23.

- Beginning Aug. 16, Sixt Car Rental in Vilseck will be closed Wednesdays and Sundays. Other weekdays, it will be open 11 a.m. to 6 p.m. Saturday hours will be 11 a.m. to 2 p.m.

Annual SNAP Nights Out nearing

USAG—GRAFENWOEHR PAO

Army communities will join those Stateside in taking a National Night Out to learn about crime- and drug-prevention while playing games, listening to music and eating free food hot off the grill.

Sponsored by the Safe Neighborhood Awareness Program, the annual evenings aim to strengthen the relationship between citizens and law-enforcement officers, helping them work together to send criminals the message that their neighborhoods are organized and well-watched. Given their locations, SNAP Nights Out in the 100th Area Support Group include members of the *Polizei*, as well as military police, and off-post residents are urged to participate.

Hohenfels will host the first Night Out Aug. 4 on the School Age Services sports field. The *Polizei* will operate their helicopter simulator, and youths can ride a pony or watch balloon animals being made. AFN Bavaria will broadcast the festivities, and child-identification kits will be available.

Next up is the Grafenwoehr event, Aug. 24 on the parade field, and Vilseck's is set for Aug. 26 at Little Mike Lake. According to Denise Anderson, local SNAP coordinator, both will reprise the favorite activities, such as sack races, fingerprints and photographs with McGruff the Crime Dog for children.

"This year, we'll also have the Amberg *Johanniter Unfallhilfe* at

the Vilseck NNO," Anderson said. "This is a group of people who have their pets trained as rescue dogs. They will have ... a couple of their dogs to greet families."

All Nights Out will run from 4 to 7 and feature visits by McGruff and the Neighborhood Knight, mascot for SNAP, as well as demonstrations by police dogs, vehicle displays, prizes, face-painting, slides and jumping castles.

For more information, call Anderson at 476-4312.

Children compete for prizes in the sack race during the National Night Out at Grafenwoehr last year.

Photo by Denise Anderson



Legal barriers: Drivers liable for damage

BY JOSEPH HALL
MANNHEIM LAW CENTER

Metal security barriers have become a familiar site for drivers on military installations in Germany. Although it is rare, occasionally an automobile will be damaged while crossing one. Then comes the inevitable question: Will the U.S. government pay for that damage? Generally, the answer is "no."

The reason is that, in most cases, the motorist is at fault. Either he was driving too fast over the barrier or the car's exhaust system was hanging too low,

whether from rust, lack of maintenance or a cosmetic modification. Because of this, the U.S. Army Claims Service presumes that damage caused by security barriers is not compensable.

For his claim to be considered, a driver must show unique circumstances to establish that negligence by the government — not a Pond Security Service guard or a manufacturer's defect — caused the damage. For example, if a Soldier on duty raised the barrier as a vehicle passed over it, the Army would be liable, but such situations are uncommon.

Also be aware that, though the barriers in some communities have asphalt or rubber ramps to help drivers across, these are not required, nor is the government obligated to excavate the area underneath, leveling them with the road. Barriers were designed to be crossed slowly by unaltered and properly maintained vehicles, and this can be done safely without installing any ramps or digging to lower them into the ground.

To protect their cars, motorists must drive over the barriers at "crawl speed" — and the lower the car, the slower the crawl. They

should also ensure that exhaust systems and wiring are in good condition, not dangling.

Finally, if your automobile is damaged through no fault of your own, record the relevant facts. Have the guards make a log entry, call the military police and file a report with them, get the names and telephone numbers of witnesses, and take photographs of the scene, as well as the damage.

If a barrier damages an automobile under truly unusual circumstances, however, motorists have a remedy. To file a claim, call your local Staff Judge Advocate office.



Photo by Gerry Arbios

Basking in 'Glory'

Actor Stephen Lang signs an autograph for Corey Sessoms in Hohenfels July 12, after his one-man show *Beyond Glory*. Lang has also portrayed Maj. Gen. George Pickett in the film *Gettysburg* and Lt. Gen. Thomas "Stonewall" Jackson in *Gods and Generals*.

Students above norm

DoDEA RELEASE

Students in Department of Defense Education Activity Schools exceeded the national average on standardized tests for the third consecutive year, according to results released July 17.

On the TerraNova test, given annually in March, DoDEA students' average scores substantially surpassed the 50th percentile in every subject area — reading, language arts, mathematics, social studies and science — at all grade levels (third to 11th).

Since 2002, when DoDEA first used TerraNova, the percentage of students above or at the standard levels have increased by one point in reading and social studies, two points in language arts and mathematics, and four points in science. During the same period, percentages of those below the norm have decreased in mathematics, science and social studies.

The schools also have met their 2006 goal in language arts by reducing the percentage of substandard students to 8 percent or less.

3rd BCT completes railhead operations

Safety deemed key to mission

BY SPEC. JOE ALGER
1ST INFANTRY DIVISION PAO

Soldiers of 3rd Brigade Combat Team in Vilseck loaded 20 M1A1 Abrams Main Battle Tanks and three Bradley Fighting Vehicles onto railcars at Rose Barracks July 13.

According to Capt. Michael James, 3rd Brigade logistics officer, the unit conducted railhead operations to transfer property to Army Materiel Command.

"We started today at 0700 this morning where the Soldiers linked up with the equipment at the motor pool," James said. "From there, they moved them here and began loading them on railcars. Once the vehicles have been put on, they put them down with blocking and bracing materials, and from there, they're ready to ship."

Because caution is a major aspect of all such missions, Claude Whitney, brigade health and safety manager, was vigilant.

Power lines were one of the biggest hazards at most railheads, Whitney said. The problem, he explained, was that Soldiers tended to climb on top of a vehicle after it had been loaded onto a railcar. "If

there's a power line up there, it's an instant charge, and they can get burned or possibly killed.

"Luckily, we don't have that problem out here in Vilseck," he added, "but a Soldier was killed by a power line about a month ago during a railhead."

Troops must also be careful on the ground. Whitney said it was important that they walked forward to their designated spot and stood very still while guiding the vehicle. "They can't back up on the train," he said. "There have been a couple of instances of people backing up and getting crushed between vehicles."

For this reason, he also watched to make certain Soldiers kept an adequate distance between vehicles and wore Kevlar helmets, as well as high-visibility vests or belts.

Whitney pointed out that, as most of the Soldiers working had completed the first phase of the operation about two weeks before, they had a good grasp of protective measures.

"I think me just being out here on point — people see me with my orange vest on, and they know to take extra safety precautions," he said. "What I'm trying to do is ensure they're doing all the safety stuff when I'm not here."



Photos by Spec. Joe Alger

Cautionary tale: Claude Whitney, 3rd Brigade health and safety manager, discusses sound techniques with a Soldier during railhead operations in Vilseck July 13 (above). At left, another Soldier guides an M1A1 Abrams Main Battle Tank to be loaded.

Soldiers should beware of Iraqis bearing seals

BY ROBERT SZOSTEK
USAREUR OPM PUBLIC AFFAIRS

Multinational Corps Iraq General Order No. 1 lists all prohibited activities for personnel stationed there. Among these is "removing, possessing, selling, defacing or destroying archeological artifacts or national treasures."

"The illicit trade in art and cultural artifacts is a major international crime," said Lt. Col. Carol McKinney, chief of law-enforcement operations at the U.S. Army Europe Office of the Provost Marshal.

This includes illegally exporting objects protected by international laws, pillaging archaeological sites and stealing works of art.

She added that many artifacts looted after Saddam Hussein fell from power were being sold in Iraq. Having these is illegal, however, and taking them out of the country could land a Soldier in trouble with the FBI.

The bureau has sent agents to Iraq, where they are helping with

investigations, and issued global police alerts on the sale of stolen art and artifacts.

The FBI also set up an art-crime team to combat this illegal trade. Its focus is breaking up criminal rings that steal and smuggle works of art, loot archaeological sites, or churn out fakes and forgeries. This team has been involved in a number of high-profile cases over the past year, including one surrounding eight ancient seals.

In 2003, a U.S. Marine serving in Iraq paid a trinket vendor several hundred dollars for eight stone seals. He wondered whether they were important artifacts, and so upon his arrival in America, he took them to a university archaeologist, who quickly verified their authenticity and cultural value.

Some 5,000 years ago, he said, the Mesopotamians had engraved intricate designs onto the small cylinders. These stones were rolled across wax or soft clay to form an imprint that, once hardened, marked a piece of

property by identifying its owner.

The Marine immediately took the seals to the FBI.

In February, the bureau officially returned them to Said Ahmad, minister of Iraq's mission to the United Nations.

To help educate the public about the looting of cultural objects around the world, the Iraqi government has allowed these seals to be displayed at the University of Pennsylvania Museum of Archaeology and Anthropology, before they go back to their native land.

The bottom line is, Soldiers deployed to Iraq must be careful not to buy or take anything that could be historically significant.

Additional information about art crime can be found online at www.fbi.gov/hq/cid/arttheft/arttheft.htm.

To learn more about the Penn exhibit, or simply read about looting in Iraq and see photographs of excavations, log on to www.museum.upenn.edu/new/research/iraq/overview.shtml.

Contractor showing hot troops 'Money' to cool them in desert

BY STAFF SGT. DUANE BROWN
22ND MOBILE PAD

FORWARD OPERATING BASE WARRIOR, Iraq — Mo' Money Air-Conditioning and one U.S. Soldier are keeping troops more comfortable during missions, despite high temperatures in Kirkuk, Iraq.

As a Department of Defense contractor, Mo' Money Air-Conditioning provides free services to Forward Operating Base Warrior and any Coalition Forces personnel.

"Having air-conditioning is vital to the physical well-being of the Soldier," said Capt. Elijah Preston, signal officer for 3rd Battalion, 116th Brigade Combat Team, explaining that air-conditioning inside vehicles gave Soldiers' bodies a break from Iraq's extreme climate. "Temperatures in northern Iraq reach 130 degrees or higher, and with up-armored vehicles all enclosed, it's really important."

Mo' Money specializes in air-conditioning inside Humvee series M998, M1025 and M114, but having an area of expertise does not limit technicians' drive to help anyone who needs assistance.

"We will install or repair any vehicle that has air-conditioning," said German Carrillo, a Mo' Money contractor who has been in theater since December 2003.

With such high demand for service, Mo' Money added Spec. Josh Stanek, a heating-and-air-conditioning technician from 2nd Battalion, 116th BCT, four months ago.

Stanek listed busted lines and wear and tear from constant use as the major recurring problems but assured that Mo' Money's turnaround was fast.

"I think we are doing very well here," he said. "We are all caught up, and no one has any complaints about our work."



A European tour would be incomplete without a day spent drifting

Down the Danube

BY ALICE ADLER
TRAINING TIMES STAFF

Next time the day breaks beautifully sunny and you serendipitously find yourself with nothing to do, take advantage of your time in Germany to visit *Klosterschenke* Weltenburg, the world's oldest monastic brewery. After a relatively short drive, you'll cruise lazily along a celebrated river, rewarded with spectacular views, frothy mugs of beer and hearty Bavarian fare.

The town of Kelheim is located about 20 minutes southwest of Regensburg (see map). Once there, head to the banks of the Danube and find a boat bound for Weltenburg. During the summer, these leave every 45 minutes starting at 9:30 a.m. weekdays and every 30 minutes beginning at 9:20 weekends.

On board, head for the top deck and land a seat by the railing for the best vantage point of things to come. As soon as you are underway, servers will offer you samples of the cloister's famous brew, but be sure to notice the round monument perched atop a looming precipice. This is the *Befreiungshalle*, or "Hall of Liberation," commissioned by King Ludwig I after

the Wars of Liberation freed the region from Napoleonic rule.

This will be the first of many sights during your excursion down the Danube, a river that, though not blue (as acclaimed in the title of the younger Johann Strauss' best-known waltz) is indeed beautiful. As you float into the



gorge, rocky cliffs seem to rise from the water on either side. These craggy walls tower over vessels, giving observant passengers the chance to see various plants, animals and the occasional niche carved to harbor a religious statue. This stretch of the waterway is the only Bavarian portion of it that remains unregulated. Kayakers wave as they paddle past — and perhaps too soon, the cloister, situated on a bend in the river, comes into view.

Founded in A.D. 600 by the monks of St. Columbanus, this Benedictine abbey is the oldest monastery in Bavaria. Beer has been brewed here since 1050, and today you can sip it while sitting in a picturesquely shaded beer garden and restaurant.

After eating and drinking your fill, wander the grounds, taking in the lovely buildings on their tree-lined hillsides. Do

not miss the small, sublime church, built by the Asam brothers from 1716 to 1751. With marvelous in-the-round paintings of saints and Biblical scenes, as well as a unique organ from 1728, it is one of the most impressive examples of Baroque architecture in Germany.

A selection of items, including original works of art, wines, postcards, rosaries

and, of course, the different Weltenburg *Kloster* beers, are sold on-site.

Having satisfied appetites of the flesh and the spirit, return to the dock for the trip back to Kelheim. Again, attempt to get a good spot, the better to appreciate the opposite side of the gorge, as your outing on the Danube winds to an end.



The ornate ceiling of the diminutive cloister chapel is covered with Biblical scenes and paintings of saints (above). A German flag flutters from the bow (top), the ideal place from which to enjoy your time aboard.



Photos by Alice Adler

The *Befreiungshalle* (above) and other boaters (far right) are among the sights seen on the Danube, en route to the abbey at Weltenburg (right).

Davis leaves command of CMTC to Vandal

BY ALICE ADLER
TRAINING TIMES STAFF

Col. Mike Davis handed the reins of Operations Group, Combat Maneuver Training Center, to Col. Thomas Vandal in Hohenfels July 15.

During Davis' three-year tenure, he presided over the training of 11 brigades for combat and nine units for peacekeeping tours in Bosnia and Kosovo. He and his wife, Ann, will be moving to Fort Leavenworth, Kan.

Gen. Mark Hertling, commander of 7th Army Training Command, described the out-going commander as determined, focused and calm under pressure.

Hertling further complimented Davis by saying, "I would want him by my side any day. ... Better yet, I'd want him leading my two sons in combat."

Davis lauded the men and women who kept CMTC running and spoke of the changes that had occurred since his arrival in 2002.

"Gone are the days of standard rotations and linear mechanized meeting engagements," he explained. "Every unit that has



Photo by Alice Adler

Col. Mike Davis (left) and Col. Thomas Vandal, watch the action on the field during the change of command July 15 in Hohenfels.

trained here in the past two-plus years has required tailored training rotations to prepare them for the specific mission, enemy or theater of operations where they will deploy. We have adapted to support today's requirements and exerted tremendous effort to reflect the realities of today's battlefield in training rotations.

No other organization in our Army can do that."

He called his successor the right leader "to take this training center to the next level."

Echoing Davis' assessment of Vandal, Hertling said, "He has a true understanding of how to make Soldiers and units into winners."

Vandal was graduated from the

U.S. Military Academy at West Point, N.Y., in 1982 and commissioned into the field artillery. His first assignment was with 75th Field Artillery Brigade in Fort Sill, Okla., where he served 1st Battalion, 17th Field Artillery, as fire-direction officer for Battery B, and later executive officer and battalion fire-direction officer.

After the Field Artillery Officer's Advanced Course, Vandal moved to Baumholder, Germany, where he was battalion plans officer and Battery B commander in the 4th Battalion, 29th Field Artillery, 8th Infantry Division.

He completed Command and General Staff College and moved to Fort Hood, Texas, to be brigade fire-support officer and later battalion S-3 of 2nd Battalion, 82nd Field Artillery. Vandal also served as S-3 and executive officer of the 1st Cavalry Division Artillery.

He commanded the 1st Battalion, 37th Field Artillery, 3rd Brigade Combat Team, 2nd Infantry Division, in Fort Lewis, Wash., and then returned to Fort Sill, where he took command of the 75th FA and deployed with

that unit to Iraq.

Vandal's other assignments include assistant professor of military science at the University of New Hampshire in Durham, G-3 executive officer for II Corps in Fort Hood, G-3 training officer for I Corps in Fort Lewis, and plans officer for the J-39 Joint Chiefs of Staff at the Pentagon. He also attended the Combined Arms Services Staff School.

Vandal holds a master of arts in management from Webster University and a master of science in national security studies from the National War College.

His badges and awards include the Parachutist Badge, the Air Assault Badge, the Joint Staff Badge, the Legion of Merit, the Bronze Star Medal, the Defense Meritorious Service Medal, the Meritorious Service Medal with three oak-leaf clusters, the Joint Commendation Medal, the Army Commendation Medal with two oak-leaf clusters and the Army Achievement Medal with four oak-leaf clusters.

Vandal and his wife, Doreen, have three sons: Nicholas, Eric and Stephen.

In brief

Summer hires celebrated

Commander's coins for outstanding summer hires will be presented Aug. 5, 9 a.m., in the Community Activities Center, after the final training session.

Supervisors are encouraged to attend the ceremony.

Olympian opportunity

The Second Annual Mini-Olympics is set for Aug. 13 at Tiger Field.

Youths ages 6 to 18 can celebrate National Kids Day by competing in numerous running events, broad jumps, and football and softball throws. Parents are invited to cheer their children on.

Register through Aug. 9 at the Youth Services Teen Center.

National Kids Day was established by Boys & Girls Clubs of America and Kids Peace to stress the importance of families' spending time together.

For more information, call 466-4492/2159.

Tennis anyone?

SKIES Unlimited hopes to offer a year-round tennis program for children ages 6 to 12 beginning in October.

The monthly fee of \$75 would include four lessons, indoor court rental and transportation.

Those interested should e-mail Tammy Weightman at tammy.weightman@graf.eur.army.mil.

Witty relinquishes BSB to Matheson

BY ALICE ADLER
TRAINING TIMES STAFF

A stiff wind whipped the flags July 22, as Lt. Col. David Witty passed command of the 282nd Base Support Battalion to Lt. Col. James Matheson.

Col. Brian Boyle, commander of the 100th Area Support Group, had come to Hohenfels for the ceremony and spoke first, praising Witty's leadership.

"I think all units who trained here will attest that, if possible, Dave and his staff accomplished miracles providing support to the training audience, often at the very last minute," Boyle said.

Witty thanked his staff and joked affectionately about the post his family had called home.

"We do have a pretty good quality of life, even if the PX is not very big, or we don't have a skate park, a golf course, a swimming pool or a NASCAR track," he began. "We do have a great school, a great chapel, great housing, some great services and an easygoing, small-town atmosphere."

For the Germans present, Witty added, "*Ich sage heute: Ich bin ein Hohenfelser*," or "I say today: I am a 'Hohenfelser,'" riffing on President Kennedy's famous "*Ich bin ein Berliner*" speech.

Witty is moving with his wife, Heidi, and their children, Thomas and Abigail, to Fort Bragg, N.C.

Of the incoming commander,

most recently deputy chief of the Training Support Activity-Europe, 7th Army Training Command, in Grafenwoehr, Boyle noted, "He has spent half of his career in Germany in armored units, so you know he came to Hohenfels quite a few times."

Matheson was graduated with a bachelor of science in engineering management from the U.S. Military Academy at West Point, N.Y., in 1986 and took a commission in the armor branch. His first assignment was with 2nd Battalion, 37th Armor Regiment, 1st Armored Division, in Vilseck, where he served as a tank platoon leader and a company executive officer.

After completing the Armor Officer's Advanced Course, Matheson moved to Fort Carson, Colo., where he commanded Company D, 2nd Battalion, 77th Armor, and later Headquarters and Headquarters Company, 3rd Brigade, 4th Infantry Division.

He received a master's degree in applied mathematics from Rensselaer Polytechnic Institute, in Troy, N.Y., before becoming an assistant professor of mathematics, as well as director of the multivariable calculus course, at West Point.

Matheson attended Command and General Staff College in 2000 and then moved to Schweinfurt, Germany, where he served as operations officer and executive officer of 2nd Brigade, 1st Infantry Division.

His awards and decorations include the Meritorious Service Medal with two oak-leaf clusters, the Army Commendation Medal with one oak-leaf cluster, the Army Achievement Medal with two oak-leaf clusters, the Kosovo

Campaign Medal, the NATO Medal (Kosovo) and the Parachutist Badge.

Matheson and his wife, the former Diane Valcourt, have a son, Ryan, and two daughters, Rebecca and Abigail.



Photo by Alice Adler

Lt. Col. James Matheson (left) takes the colors of the 282nd Base Support Battalion from Col. Brian Boyle, 100th Area Support Group commander, as Lt. Col. David Witty looks on.

Off post

- In the final weeks of World War II, the Allies bombed the town of Grafenwoehr on April 5, 1945, and again three days later. In remembrance of this, the local military museum will host 60 Years of the U.S. Army in Grafenwoehr, featuring period photographs and equipment, through Aug. 31. The exhibit is one of the so-called "95-60-50" events to commemorate jointly the 95th year of the Grafenwoehr Training Area, the 60th anniversary of the U.S. Army's postwar arrival in the area and the 50th year of the *Bundeswehr's* existence.
- The annual Maize Maze in Hahnbach is open Saturdays and Sundays, 2 to 10 p.m., through Sept. 4. Try to find your way along a path cut through a field of cornstalks. The labyrinth is located on B14 between Hirschau and Sulzbach-Rosenberg; follow the corn-on-the-cob signs. Admission is 2.50 euros for adults and 1.50 euros for children. For more information and dates of special events, visit www.maislabyrinth.de.

Army Community Service Vilseck

- Army Family Team Building will offer its next level I seminar Aug. 10 and 11, 9 a.m. to 2:30 p.m.
- Training for leaders, liaisons and advisors of family readiness groups is scheduled for Aug. 16 to 18, 9 a.m. to 3 p.m. Those who register before Aug. 6 will be

eligible for free child care at the Child Development Center. Call 476-2650 to sign up for either.

Hohenfels

The Dollars and Sense Day Camp Aug. 6 will comprise workshops in credit reports (10 a.m. to 12 p.m.), family budgets (12 to 1 p.m.), investments (1 to 3 p.m.) and the Thrift Savings Plan (3 to 4 p.m.). To register, phone 466-4860.

Education

Central Texas College will offer the following vocational-technical courses Aug. 22 to Oct. 14 at the Vilseck Army Education Center: automatic transmission and trans-axle (four credit hours), emergent literacy for early childhood (three hours) and traffic law and investigation (three hours). All are classroom-based. Register Aug. 8 to 19 by calling 476-2362, e-mailing to chuck.sligh@europe.ctcd.edu or logging on to www.europe.ctcd.edu.

Arts and crafts

- Learn to quilt by machine and sew a wall-hanging or a pillow Aug. 3 and 10, 9 to 11 a.m. The \$40 fee includes supplies.
- Children ages 9 to 14 can decorate boxes to hold their summer keepsakes Aug. 20, 9 to 11 a.m. Each child should take a box, and the fee of \$7.50 does not include other supplies.

Register for these classes by calling the Grafenwoehr Arts and Crafts Center at 475-6101.

Youths

Vilseck and Grafenwoehr teen centers have planned a variety of summer outings:

- Roam about on Adventure Farm Aug. 10. Admission is 12 euros. Sign up by Aug. 6.
- Tour the *Deutsches Museum* in Munich, the world's largest technological collection, Aug. 17. Entry is 3 euros for youths and 7.50 euros for adults. Register by Aug. 13.

For more details about either, call 475-7441 or 476-3575.

Trips and tours

Grafenwoehr and Vilseck

Visit Mad King Ludwig's castle at Chiemsee, which he hoped would be the equal of Versailles, Aug. 14. The deadline to sign up is Aug. 11, and the fee is \$39 for adults and \$29 for children ages 3 to 12, not including tour packages of 5 to 20 euros. For details, call Information, Tickets and Reservations at 475-7402 or 476-2295.

Hohenfels

Spend the day in Poland, shopping for pottery at its source, Aug. 5. A passport is required, and the fee is \$60 to \$90. Call ITR at 466-2060/2555 for information.

Job opportunities

The Grafenwoehr and Vilseck communities are seeking someone to teach yoga. If you are a certified instructor – or wish to become one – contact Serge Kears at 475-8207 or serge.kears@us.army.mil.



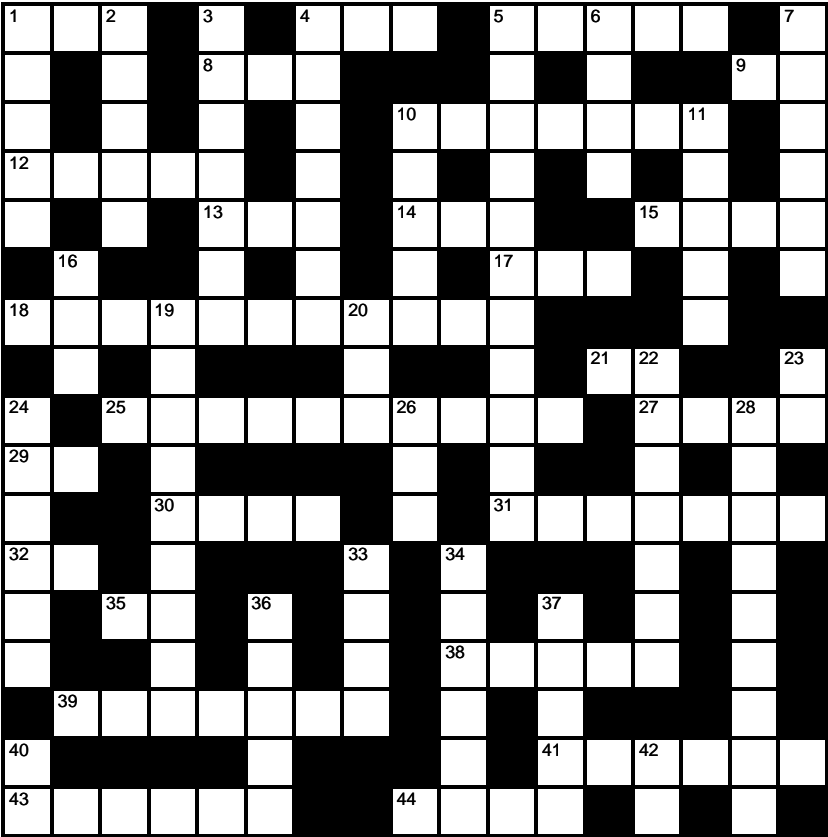
Photo by Susanne Bartsch

Friendly gathering

Evolution of a Friendship, featuring a selection of documents on German-American relations from Germantown, Penn., to the Cold War, has been mounted inside the main lobby of building 244 on Grafenwoehr. Part of the '95-60-50' celebration (see *Off post*, left) the collection will be open weekdays, 7:30 a.m. to 4 p.m., through Aug. 22. Above, Cmdr. Joerg Hillmann, a naval officer from the German Military History Research Institute in Potsdam, chats with (left to right) 1st Lt. Nathan Gardner, 100th Area Support Group commander Col. Brian Boyle and Lt. Col. Bernd Henn, commander of the *Bundeswehr* noncommissioned officers' academy in Weiden, during the opening of the exhibit July 25.

Crossword

As 'Charlie and the Chocolate Factory' opens in local theaters, have a crack at this decadent puzzle before indulging in an equally dark evening at the movies



Across

1 *Las cosas claras y el chocolate espeso.* (Ideas should be clear ____ chocolate thick.) — Spanish proverb

4 Forbid

5 Delectable decorations

8 Fuss or excitement

9 "What use are cartridges ____ battle? I always carry chocolate instead." — George Bernard Shaw

10 Surname of actress who sold it in *Chocolat*

12 Flavor that incorporates coffee

13 Speak of appreciatively

14 "I generally avoid

temptation unless I can't resist it." — ____ West

15 Thick piece

17 "A ____ of this precious drink permits a man to walk for a whole day without food." — Montezuma

18 Kind containing small amount of sugar

21 "The superiority of chocolate, both for health and nourishment, will soon give ____ preference over tea and coffee in America." — Thomas Jefferson

24 Sinful layers (two words)

27 To esteem

29 "Chocolate is a perfect food, as wholesome as it is delicious, a beneficent restorer ____ exhausted power." — Baron Justus von Liebig, 19th-century German chemist

30 Fruit of cacao tree

31 Air-filled finale to feast

32 "Chocolate ____ health." — Anthelme Brillat-Savarin, French gastronomist

35 "[Chocolate] liquids,

amongst them, ____ not constitute a break in fasting." — Cardinal Francis Maria Brancaccio, Vatican, 1662

38 *Schwarzwald*, for instance

39 Belgian specialty

41 Whipped and chilled sweet

43 Aboriginal aficionados

44 Kiss

Down

1 Fragrance

2 Premier cocoa-making process

3 Glossy glaze

4 Candies

5 Treats

6 Decadent

7 To coat

10 Frozen dessert

11 French for "nib," found in some fine brands

16 *Stracciatella* a fleck-filled type

19 Greek for "food of the gods"

20 "Twice a day ... Charlie Bucket had to walk right past the gates of the factory ... and he would hold his nose high in the air and take long deep sniffs

of the gorgeous chocolate smell all around him. ... Oh, how he wished he could go inside the factory and see what it ____ like." — Roald Dahl

22 Rolled to resemble foraged fungi

23 "What an abominable life a lady's maid leads ... and ____ get nothing out of it ourselves! I've been beating the chocolate for half an hour. ... By Bacchus, I'm going to taste it. Oh! It's good!" —

Così fan tutte, Wolfgang Amadeus Mozart

24 Hair-clad horsewoman

26 *Like Water ____ Chocolate*, 1992 tribute

28 Chip-studded cookie (two words)

33 Savory Mexican sauce has dash of cocoa

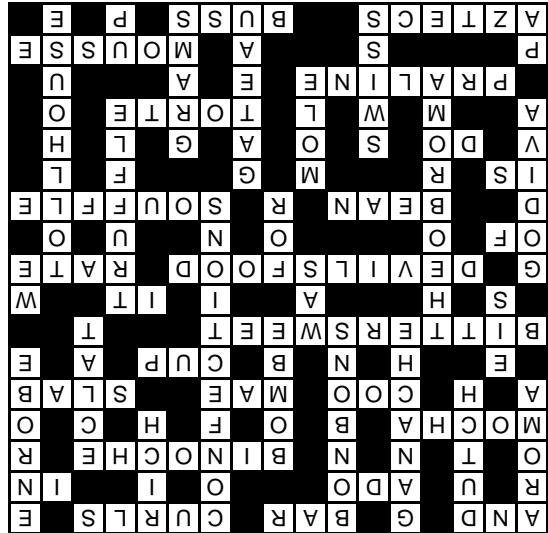
34 Elaborate cake

36 Their country boasts highest consumption

37 Standard Lindt tablet has 100

40 Home to Hershey (abbr.)

42 Pick-me-____



German culture 101

Great divide: making sense of 'Sie,' 'Du'

BY MARTINA BIAS
SPECIAL TO TRAINING TIMES

Americans often find learning to speak German difficult, in part because many of its grammatical components are not found in their native tongue. Masculine and feminine nouns and their corresponding articles, for instance, are common in European languages, but being so foreign to most English-speakers, these can pose quite a challenge and leave any student desperately trying to sound somewhat intelligent when speaking *auf Deutsch*.

You may be comforted to know that German children also find it complicated. In elementary school, whenever I made a mistake in grammar, my teacher would jokingly acknowledge, "*Ja, ja, deutsche Sprache, schwere Sprache*," or, "Yes, yes, German language, difficult language." Although memorizing each noun with "*der*," "*die*" or "*das*" is not absolutely crucial to making oneself understood, Americans should take great care to choose the proper word when addressing another person. Fortunately, this requires only comprehension of a few simple rules, rather than hours of drilling with hundreds of flashcards.

Like Spanish, French, Italian and other Romance languages, German has formal and informal second-person pronouns, whereas English, having long since dropped "thou," "thee" and "ye," has only "you." Mastering this distinction can save you from committing many a faux pas in social situations, only to be met with the amused grins of your local friends.

The polite, formal way to address someone includes "*Sie*," as in "*Woher kommen Sie?*" ("Where do you come from?") or "*Ihnen*," as in "*Wie geht es Ihnen?*" ("How are you?"). As in English, formality can also be expressed by using someone's title and last name; thus, "*Frau Bauer*" would be equivalent to "Mrs. Bauer."

The informal forms are "*Du*" – "*Woher kommst Du?*" ("Where do you come from?") – or "*Dir*" – "*Wie geht es Dir?*" ("How are you?").

The correct pronoun depends on the relationship. Choose "*Du*" or "*Dir*" when speaking to friends and family, as well as people who are the same age as or younger than you. "*Sie*" and "*Ihnen*" are used for strangers, those in positions of authority and anyone you deem older. Those who have studied Spanish, which has "*tú*" and "*usted*," or French, with its "*tu*" and "*vous*," will see the similarities.

To be on the safe side, addressing someone as "*Sie*" is

always better until you are sure what the nature of your relationship will be. For example, throughout most of our courtship, my husband would address my parents formally. Once we were engaged, my parents suggested that he call them "*Mutti*" and "*Vati*" ("Mom" and "Dad") or address each by first name. After many years of marriage, he greatly amuses them whenever he slips into "*Sie*." To understand how humorous this sounds to a native German speaker, imagine accidentally saying "sir" or "madam" to a person you know well.

My parents also got a kick out of hearing my husband address his own child with the words, "*Kommen Sie her bitte*," or "Come here, please." In general, adults will say "*Du*" and "*Dir*" to children, regardless of whether they are familiar with them. By the time a child has turned 18, however, most people will have the courtesy to acknowledge him in the formal manner. When it comes to teenagers, you may go either way, but I am sure that most would appreciate being addressed formally, as this shows respect for them.

Most adult relationships start off at the "*Sie*" level and remain there until the person who is older or has higher authority offers to be referred to as "*Du*" or by first name. To commemorate this switch from a formal to an informal relationship, a fun ritual called *Bruederschaft trinken*, or "drink brotherhood," is popular, especially with younger people. Don't let the name fool you, for "sisters" can do this as well, and the preferred beverage is beer (what else?). Both will take a glass in hand and link arms, before each drinks from his own glass. Their entwined elbows symbolize the bond forged and the difficulty of breaking it, given their combined strength. Should *Bruederschaft* involve a "brother" and a "sister," a kiss is often added at the end.

Finally, please be aware that, once a German has ex-

tended the honor of being known as "*Du*" to you, he might interpret a return to "*Sie*" as mocking disrespect or a sign of ill will toward him.



File photo by Cara Matlock

Americans in angst over the German language may be encouraged to learn that *Kinder* find it hard too. One thing that trips up Americans is the choice of second-person pronouns, for English has only 'you.' In this photograph, the child should address either man as 'Sie,' but each would respond with 'Du.'

'Pfifferlinge' season's most succulent mushrooms

BY MARTINA BIAS
SPECIAL TO TRAINING TIMES

When the German weather blesses us with those steamy summer thunderstorms, it is time for the first wild mushrooms: the mild, golden *Pfifferlinge*, or "chanterelles."

As with many seasonal treats, *Pfifferlinge* are best prepared simply. To draw out their wonderful taste, sauté them quickly with some butter and diced onions, season with salt, pepper and just-cut chives, and eat with fresh slices of crusty German bread. For even more flavor, substitute diced bacon that has rendered some of its fat for the butter.

Pfifferlinge figure largely on the menus of local restaurants at the moment, perhaps featured in the classic style, sautéed with bacon and onion and served alongside scrambled eggs and boiled potatoes. They may also be cooked until set in pancake batter and used to fill crepes or top lovely salads of mixed greens.

To make a more filling meal, try the recipe below for *Pfifferlinge* in cream sauce. This local *Gasthaus* favorite is traditionally offered with *Semmelknoedel* (see *Editor's note* at bottom). If you prefer more sauce, increase the amount of cream. Alternatively, lighten it up by adding

some vegetable broth. My husband also likes this over a nice unbreaded schnitzel.

When selecting *Pfifferlinge* in the store or at an outdoor market, look for those that appear fresh and dry. Moist mushrooms spoil easily, and they weigh more — an important consideration, as they are usually sold by weight. Experienced cooks will choose the smallest ones, which tend to afford better quality for the same price.

The drawback is that these are a little more time-consuming to prepare, but their exquisite taste will reward your extra effort. First, cut off any blemishes and gently brush away dirt. Then wash the mushrooms very briefly. They should not be exposed to water for long, because they will soak it up.

Guten Appetit!

Pfifferlinge in cream sauce

500 grams (one generous pound) *Pfifferlinge*, cleaned as above
1/2 cup diced onion or green onions
1/4 cup (1/2 stick) butter or margarine
1 cup whipping cream or half-and-half
1/4 teaspoon seasoned salt

1 tablespoon snipped chives, optional

Cut *Pfifferlinge* into bite-sized pieces (or dice, if you wish) and sauté with onion in butter. Cook until liquid has evaporated. Add cream to pan and sprinkle with seasoned salt. Stir and cook until sauce reaches desired consistency. Serve with *Semmelknoedel*, and/or meat of your choice, topping with chives, if you like.

Yield: Four servings

Editor's note: Those who missed our piece on making Semmelknoedel, or bread dumplings, can find it online. Log on to the 100th Area Support Group Web site at www.100asg.army.mil, pull down under "News" and select "Training Times Archive." The recipe appears on page 10 of the April 26 edition.

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If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to prepare it at home, send your questions and comments to martina.bias@us.army.mil. One of your suggestions could be used for a future column.



Photo by Cara Matlock

Runners get started on a 10-mile course that began and ended outside the Tower View Restaurant in Grafenwoehr July 16. Winners will represent U.S. Army Europe at the Army 10-Miler in Washington, D.C.

Local athletes advance to Army's annual race

BY KATHY JORDAN
TRAINING TIMES STAFF

Two 100th Area Support Group Soldiers ran all the way to Washington, D.C., July 16, when Grafenwoehr hosted the European qualification race for the annual Army 10-Miler.

Each year, the top eight active-duty competitors of each gender earn a chance to test their endurance at the Army-wide event in the fall.

Spec. Nathaniel Garlock of Headquarters and Headquarters Company, 2nd Battalion, 2nd Infantry Regiment, in Vilseck placed fourth in the men's overall Army and military open categories, with his time of 57 minutes, 43 seconds, and 1st Lt. Tara Mahoney of 615th Military Police Company in Grafenwoehr was runner-up among the women, finishing in 68 minutes, 12 seconds.

This was the first 10-mile race for Garlock and Mahoney, and neither specifically trained for it, other than running in the odd 5K. After their successes, however, each wants to enter a marathon.

Garlock began running again after a seven-year hiatus.

"I used to run cross-country and track in high school," he said. "I got down to around 9:35 for two miles and 15:52 for 5K cross-country ... and was All-State my senior year, but then I basically stopped and went to college."

Running can get a jump start in some of the most remote locations, though, and while downrange for a year, Garlock rediscovered his love of the sport.

"In Iraq, I started running again ... especially at night after it would cool down," he recalled. "During the day, it was really hot. At night, after the sun went down, I'd run around the perimeter for an hour and feel really good with the cool air."

Now back at home, Garlock continues his runs as a way to unwind.

"I like the freedom of running," he said. "I like to just go out for an hour, and it just takes all the stress away. I feel like I am floating up and down the roads and the hills. It's just like a sense of freedom to break away from the stress and the everyday routine."

A sense of accomplishment makes Garlock strive to do more. "It's a great feeling to power up and over the hills — the feeling of strength ... or just pushing yourself and doing more than you have ever done before — and yet it still feels easy."

Garlock revealed a technique he used toward the end of this run to stay in front of other runners. "I tried to stay with the top guys and get into the rhythm of the run. I usually try to run with someone I know is a little bit faster than me, and that motivates me."

His casual workouts gave Garlock the confidence that he

could be a contender for the 10-Miler.

"I was pretty comfortable knowing I could make the cut-off time for qualifying," he said. "I took the first half kind of easy and felt really good. On the second half, I started speeding up. I think I ran the last mile in close to five minutes."

He looks forward to being part of the U.S. Army Europe team in Washington Oct. 2, as well as achieving some individual goals. "I'd like to run under 55 minutes; that would be a personal best for 10 miles. It's a challenge to try to help make USAREUR's team better and try to see how fast I can run."

Garlock plans to compete more frequently from now on. "I'm definitely going to keep on jogging and running ... doing longer races and one day running in a marathon. This was my first official race in seven years. ... It was nice to see that I could still do fairly well."

Mahoney, on the other hand, has never stopped, not since she was a teenager. She competed in numerous 5Ks and ran with a German team in the town where she lives.

"I love running," she said. "It takes away the stress. I run every day, just because I like running. I did it in high school and college."

Mahoney added of the 10-mile qualifying race that she had "decided to do it kind of at the last minute."

When the run started, Mahoney had no specific strategy in mind, but she knew she needed to pace herself.

"I just had to be patient," she explained. "I didn't want to go out too fast, like I would normally go out in a 5K, and then run out of energy."

Despite having placed second, Mahoney said that her mind-set toward the race had been simple. "I did not have any expectations. I wanted to try something longer. In the future, I want to run a marathon, so at some point, I had to get past the 5K."

"A lot of these events are just about having fun," she continued. "I had fun at the race; I know a lot of people went out there just to have fun — just for an accomplishment. It doesn't matter so much where you finish the race, what your time is or anything."

Other local finishers were as follows: Christine Mizelle of Grafenwoehr won the women's civilian masters (33 and older) category, with her time of 68 minutes, 31 seconds. Susanne Bradfish, also of Grafenwoehr, placed third (88:37), followed by Amy Parke of Vilseck in fourth (98:36).

Ben Murray of Grafenwoehr took the men's civilian open, with his time of 82:27.

In the men's civilian masters (31 to 39) category, Lewis Plotts of Vilseck (69:13) was declared the winner.

Edward Argueta of Vilseck was runner-up in the men's civilian seniors (40 and older) category, finishing in 84:05.

Ops Group's team captures ASG title

BY KATHY JORDAN
TRAINING TIMES STAFF

The team from Hohenfels' Combat Maneuver Training Center Operations Group won the 100th Area Support Group Unit-Level Softball Championships in Grafenwoehr July 22 to 24.

Although nine teams had been scheduled to play, only eight participated. CMTC Ops Group never lost a game and beat Company D, 3-58th Aviation, 11-6, for the title. For CMTC, Jason Prescott was 3 for 3, Charles Freeman was 3 for 4, and Matt Michelson and Riggs People were 2 for 3; for Co. D, 3-58th Aviation, Joel Alicea was 3 for 3, Nathan Newberry was 2 for 3, and Robert Hickox and Charles Lewis were 2 for 4.

Thomas Lewis from Hohenfels was named most valuable player for the tournament.

"Ops Group came out and showed a little muscle today, so 3-58th does not have a reason to hang their heads. They are a good team also," said Tony Lee, local Morale, Welfare and Recreation chief of recreation and programming. "They will have an opportunity to bounce back ... and challenge other teams."

The next level of play is Aug. 4 to 7, when Grafenwoehr will host the championships for U.S. Army Europe and the Installation Management Agency-Europe.

As the top two teams, Ops Group and Co. D, 3-58th Aviation, will represent the 100th ASG against units from rival posts.

Batters at these bouts may gain new fans for the next series of games, some of which will occur during the annual German-American Volksfest (see page 1).

"We hope we get some good weather ...," Lee said. "We should have some great participation from the community."

201st FSB, 615th MP Co. top local softball tourneys

BY KATHY JORDAN
TRAINING TIMES STAFF

The communities of Grafenwoehr and Vilseck held back-to-back championships for unit softball players in July.

Six teams met on Little Mike Field in Vilseck July 11 to 13, and the undefeated Company A, 201st Forward Support Battalion, took top honors. Company B, 2nd Battalion, 2nd Infantry Regiment, came in second, and third place went to Headquarters and Headquarters Company, 2/2 Infantry.

In the championship game, Eric Bohl, John Parker, Steven Parmer and Brian Stevens — all of Co. A, 201st FSB — were 3 for 4, and their teammates Dana Dillion, Luke Morris and Jon Turner were 2 for 4; for Co. B., 2/2 Infantry, Earl Hardemon was 3 for 3, and Matthew Alford, Robert Fox, Paul Garrett and William Hannon were 2 for 3.

The 615th Military Police Company was named unit-level champion for Grafenwoehr, after sweeping all games in the winner's bracket.

Of the four teams in competition July 14 and 15, 18th Corps Support Battalion was runner-up, and 3-58th Aviation placed third.

To take the title, 615th MP Co. beat 18th CSB, 9-8. Stats for the game were as follows: for 615th MP Co., Robert Bush, John Curry, George Hayden and Rodney Moffett were 2 for 3, and Andrew Hartman was 1 for 2 with a home run; for 18th CSB, Mark Gautier and Matthew Giertz were 2 for 3, and Kyle Richmond and Mario Rivera were 2 for 4.

now showing

Unless otherwise noted, the theaters in Grafenwoehr and Hohenfels are closed on Mondays and Tuesdays, and movies begin at 7 p.m. Because schedules are subject to change by local theaters, please telephone for verification.

Grafenwoehr, Camp Aachen (09641-83-6115) The theater does not regularly screen films because of its limited use by troops. Tune in to AFN Bavaria for announcements or phone the number above to hear a recording of the latest schedule.	Sunday, Aug. 14 <i>The Adventures of Shark Boy and Lava Girl in 3-D</i> (PG)	Saturday, Aug. 13 6:30 p.m. <i>The Longest Yard</i> (PG-13) 9 p.m. <i>The Island</i> (PG-13)
Grafenwoehr, Tower (09641-83-1790) Wednesday, Aug. 3 <i>Star Wars, Episode III</i> (PG-13) Thursday, Aug. 4 <i>Charlie and the Chocolate Factory</i> (PG) Friday, Aug. 5 <i>Crash</i> (R) Saturday, Aug. 6 <i>Kicking and Screaming</i> (PG) Sunday, Aug. 7 1 p.m. <i>Star Wars, Episode III</i> (PG-13) <i>The Island</i> (PG-13) Wednesday, Aug. 10 <i>Mindhunters</i> (R) Thursday, Aug. 11 <i>Star Wars, Episode III</i> (PG-13) Friday, Aug. 12 <i>The Longest Yard</i> (PG-13) Saturday, Aug. 13 <i>Kicking and Screaming</i> (PG)	Vilseck, Mike Jurkewicz (09662-83-1790) Tuesday, Aug. 2 <i>Charlie and the Chocolate Factory</i> (PG) Wednesday, Aug. 3 <i>Fantastic Four</i> (PG-13) Thursday, Aug. 4 <i>House of Wax</i> (R) Friday, Aug. 5 <i>The Longest Yard</i> (PG-13) Saturday, Aug. 6 6:30 p.m. <i>The Hitchhiker's Guide to the Galaxy</i> (PG) 9 p.m. <i>Crash</i> (R) Sunday, Aug. 7 <i>Star Wars, Episode III</i> (PG-13) Monday, Aug. 8 <i>The Island</i> (PG-13) Tuesday, Aug. 9 <i>Crash</i> (R) Wednesday, Aug. 10 <i>Kingdom of Heaven</i> (R) Thursday, Aug. 11 <i>XXX: State of the Union</i> (PG-13) Friday, Aug. 12 <i>Unleashed</i> (R)	Hohenfels, General Patton (09472-83-1790) Wednesday, Aug. 3 <i>Charlie and the Chocolate Factory</i> (PG) Thursday, Aug. 4 <i>Star Wars, Episode III</i> (PG-13) Friday, Aug. 5 <i>The Island</i> (PG-13) Saturday, Aug. 6 <i>Crash</i> (R) Sunday, Aug. 7 <i>Kicking and Screaming</i> (PG) Wednesday, Aug. 10 <i>The Longest Yard</i> (PG-13) Thursday, Aug. 11 <i>The Island</i> (PG-13) Friday, Aug. 12 <i>Stealth</i> (PG-13) Saturday, Aug. 13 Closed Sunday, Aug. 14 Closed

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The Adventures of Shark Boy and Lava Girl in 3-D
Taylor Dooley, Taylor Lautner and Cayden Boyd
A little boy who has created his own fantasy world to escape school bullies and tedious summer vacations joins his characters in their high-flying adventures.

Charlie and the Chocolate Factory
Johnny Depp, Freddie Highmore and Helena Bonham Carter
Tim Burton brings his vividly imaginative style to the beloved Roald Dahl classic about eccentric chocolatier Willy Wonka and Charlie Bucket, a poor young lad who lives in the shadow of his extraordinary factory.

Crash
Don Cheadle, Sandra Bullock and Jennifer Esposito
Diving headlong into the diverse melting pot of post-9/11 Los Angeles, this urban drama tracks the volatile encounters of a multi-ethnic cast as its characters collide.

Fantastic Four
Ioan Gruffudd, Jessica Alba and Michael Chiklis
After a research mission to outer space, four crew members find that their exposure to cosmic radiation has endowed them with superhuman abilities.

The Hitchhiker's Guide to the Galaxy
Martin Freeman, Sam Rockwell and Mos Def
The dramatization of the five-book series thrusts a British Everyman into intergalactic intrigue when aliens destroy Earth to make room for a transuniversal highway.

House of Wax
Elisha Cuthbert, Jon Abrahams and Brian Van Holt
Road-tripping collegians are stranded in a town of hideously lifelike sculptures in this recast of the 1953 horror classic.



Johnny Depp takes Freddie Highmore and David Kelly on a sweet ride in *Charlie and the Chocolate Factory*.

The Island
Scarlett Johansson, Ewan McGregor and Djimon Hounsou
In this futuristic thriller, a resident of a contained facility discovers that the institute is planning to kill him and plots his escape to the last uncontaminated spot on the planet.

Kicking and Screaming
Will Ferrell, Robert Duvall and Mike Ditka
Despite lacking experience in the dog-eat-dog world of youth sports, a sensitive vitamin salesman steps in to coach his son's last-ranked soccer team, helped by a famous football coach.

Kingdom of Heaven
Orlando Bloom, Eva Green and Jeremy Irons
This epic set in Europe and the Middle East during the Crusades follows a French blacksmith who joins his father to fight for Christianity in Jerusalem.

The Longest Yard
Adam Sandler, Chris Rock and Burt Reynolds
A onetime professional quarterback and a former college football star doing time in the same prison draft a team of inmates to take on the guards.

Mindhunters
Val Kilmer, L.L. Cool J and Christian Slater
A group of young FBI profilers must find the serial killer hiding in their midst before each falls prey to him.

Star Wars, Episode III: Revenge of the Sith
Ewan McGregor, Natalie Portman and Hayden Christensen
In this final installment, Chancellor Palpatine of the mighty Galactic Empire reveals the true nature of power and the promised secrets of "the force" to his closest ally, Anakin Skywalker, attempting to lure him to the dark side.

Stealth
Joshua Lucas, Jessica Biel and Jamie Foxx
A group of top fighter pilots must stop a rogue bomber before it starts a war.

Unleashed
Jet Li, Morgan Freeman and Bob Hoskins
In this psychological martial-arts film, a human "attack dog" for a powerful mobster escapes and finds compassion living with a blind piano tuner and his teenage stepdaughter.

XXX: State of the Union
Ice Cube, Samuel L. Jackson and Scott Speedman
Fresh from his last successful recruitment in XXX, the renegade agent finds another partner to help him track a dangerous military splinter group bent on overthrowing the U.S. government.

Want to **COLOR** your community? Send information out via

usaggnews@graf.eur.army.mil and 475-NEWS

or 475-6397. Find us on the Grafenwoehr Global at USAG-G News Grafenwoehr.